

Wednesday's Wisdom

May 2, 2012

This Wednesday's Wisdom contains mini tutorials for the Healthy Hunger Free Kids Act (HHFKA) for both CACFP and NSLP.

If you have any questions, please contact us at 271-3646.

Thank you from the BNPS staff

Mini Tutorial #1

CACFP HHFKA Overview

- The Act highlights increasing opportunities for adequate physical activity throughout the day.
- Updated to increase whole grains, fruits and vegetables, dairy and lean protein foods.
- Low-fat (1%) or Fat Free (skim) milk served to children over two years old.
It also allows for nutritionally equivalent milk substitutions for non-disabled children.
- Drinking water must be made available and easily accessible to children throughout the day.

CACFP HHFKA Resources

For further information about the proposed rules for the CACFP, please go to: http://www.fns.usda.gov/cnd/care/Regs-Policy/policymemo/CACFP_Amendments_Rule.pdf

CACFP NEWS

Please see that attached conference flyer for the upcoming May 23, 2012 CACFP conference. Please register early as space is limited and workshop consideration will be on a first-come, first-serve basis.

Mini Tutorial #2

NSLP HHFKA Meat/Meat Alternate in Lunch

The meat/meat alternate component now has a daily minimum AND a weekly range for the lunch meal pattern. The daily minimum and weekly ranges for meat/meat alternate are:

Grades K-5:

A minimum of 1 ounce equivalent served daily *AND* make sure that 8-10 ounces are served weekly.

Grades 6-8:

A minimum of 1 ounce equivalent served daily *AND* make sure that 9-10 ounces are served weekly.

Grades 9-12:

A minimum of 2 ounce equivalents served daily *AND* make sure that 10-12 ounces are served weekly.

NSLP Menu Planning for Meat/Meat Alternate in Lunch

For menu planning purposes, a suggestion is to start by creating a menu for the elementary school and the middle school (since these schools have overlapping requirements), then add what is needed for the meat/meat alternate serving size requirements to the high school menu. The daily portion sizes for high school students needs to be twice the size of the elementary/middle school portion size to meet the regulation. The weekly number of ounces served is also more.

One final thing to remember, the upper limit of weekly meat/meat alternate servings is a cap for you to stay under. This is important because keeping the weekly number of servings at or below the capped amounts will help you stay within the nutrient standards for calories, sodium etc. Keeping at or below the capped amounts will not ensure that you will meet the nutrient standards, but it will definitely help you to meet them.

NSLP Meat/Meat Alternate in Breakfast

Any changes to the breakfast meal pattern for the meat/meat alternate component do not occur until school year 2013/2014; therefore, the breakfast meal pattern will be addressed at a later time.

NSLP Meal Pattern Resources

For further information about the meal pattern please see pages 4102 and 4103 of the "Final Rule Nutrition Standards in the National School Lunch and Breakfast Programs": <http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

USDA also created a sample one week menu that shows an example of a current menu that has been changed to include the new requirements. This can be found at:

http://www.fns.usda.gov/cnd/governance/legislation/cnr_chart.jpg

NSLP NEWS

Save the date: The School Food Service Professional Development Conference will be held on August 8, 2012 at Merrimack Valley High School. Details will be forthcoming.